



ORANGE JUICE, UNSWEETENED, CANNED

Date: April 2009 Code: A300

PRODUCT DESCRIPTION

- Canned unsweetened orange juice is 100% juice with no added sugar or sweeteners.

PACK/YIELD

- Orange juice is packed in 46 ounce cans, which is about 11 servings (½ cup each).

STORAGE

- Store unopened cans in a cool, clean, dry place.
- Store remaining juice in a tightly covered container not made from metal and refrigerate.
- Look at the “Best if used by” or “Best by” date on the can.
- For further guidance on how to store and maintain USDA Foods, please visit the FDD Web site at:
<http://www.fns.usda.gov/fdd/facts/biubguidance.htm>.

USES AND TIPS

- Blend orange juice with fruit, yogurt, and ice to make a fruit smoothie.
- Freeze orange juice with toothpicks in an ice cube tray for quick and easy popsicles.
- Mix chopped fruit, orange juice, and chopped nuts for a twist on fruit salad.
- When cooking rice, use orange juice in place of some of the water or broth.

NUTRITION INFORMATION

- ½ cup orange juice counts as ½ cup in the MyPyramid.gov Fruit Group. For a 2,000 calorie diet, the daily recommendation is about 2 cups of fruits.
- ½ cup of orange juice provides more than 60% of the daily recommended amount of vitamin C.

FOOD SAFETY INFORMATION

- If the can is leaking or the ends are bulging, **throw it away**.
- If the canned food has a bad odor, or liquid spurts out when the can is opened, **throw it away**.

OTHER RESOURCES

- www.nutrition.gov
- www.commodityfoods.usda.gov

NUTRITION FACTS

Serving size: ½ cup (4oz) canned orange juice

Amount Per Serving

Calories	60	Calories from Fat	0
% Daily Value*			
Total Fat 0g			0%
Saturated Fat 0g			0%
Trans Fat 0g			
Cholesterol 0mg			0%
Sodium 5mg			0%
Total Carbohydrate 14g			4%
Dietary Fiber 0g			1%
Sugars 11g			
Protein 1g			
Vitamin A	4%	Vitamin C	60%
Calcium	2%	Iron	0%
*Percent Daily Values are based on a 2,000 calorie diet.			

FLORIDA SUNSHINE SHAKE**MAKES 2 SERVINGS****Ingredients**

- 1 cup orange juice
- ½ cup grapefruit juice
- 1 banana, mashed
- ½ cup low-fat vanilla yogurt
- ½ teaspoon vanilla extract

Directions

1. Combine all ingredients in a blender, or mix in a bowl.
2. Blend until smooth.
3. Pour into a glass and serve immediately.

Nutrition Information for 1 serving of Florida Sunshine Shake					
Calories	180	Cholesterol	5 mg	Sugar	21 g
Calories from Fat	10	Sodium	40 mg	Protein	5 g
Total Fat	1 g	Total Carbohydrate	40 g	Vitamin A	9 RAE
Saturated Fat	0 g	Dietary Fiber	2 g	Vitamin C	70 mg
				Calcium	120 mg
				Iron	1 mg

Recipe adapted from the Florida Department of Citrus.

SKILLET SWEET POTATOES**MAKES 4 SERVINGS****Ingredients**

- 1 pound sweet potatoes, peeled and sliced ½-inch thick
- ½ cup orange juice
- 2 tablespoons brown sugar (or molasses)
- 1 tablespoon margarine
- 1 teaspoon cinnamon (if you like)

Directions

1. Place sweet potatoes in a 12-inch skillet; cover with hot water, and bring to a boil. Lower heat, cover, and cook for 10 minutes until soft. Drain.
2. In a small mixing bowl, combine orange juice, brown sugar, and margarine. If using cinnamon, add that too.
3. Pour the sauce over the cooked potatoes in the skillet. Cook and stir until bubbly. Uncover and gently boil for about 5 minutes until the potatoes are glazed, spooning sauce over potatoes from time to time.

Nutrition Information for 1 serving of Skillet Sweet Potatoes					
Calories	160	Cholesterol	10 mg	Sugar	11 g
Calories from Fat	30	Sodium	90 mg	Protein	2 g
Total Fat	3 g	Total Carbohydrate	33 g	Vitamin A	828 RAE
Saturated Fat	2 g	Dietary Fiber	4 g	Vitamin C	15 mg
				Calcium	50 mg
				Iron	1 mg

Recipe adapted from the Florida Department of Citrus.